



▶ DAILY DEVOTIONAL.

Saturday/Sunday, 1/12-13/19

“Off Balance”

1 Corinthians 6:19-20 (NIV)

Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honor God with your bodies.

A common misconception of the Christian faith is that our bodies are unimportant. Lots has been said about fleeing from “fleshly desires” and pursuing God. While we should pursue God, this type of language can unintentionally communicate that our bodies don’t matter when in fact they do! God created our bodies as they are a gift for us. This week the devotions will help you discover the uniqueness, importance and spirituality of our bodies. Read, pray and reflect upon these devotions each day as we discover how to honor our bodies together!

In conjunction with this sermon series, Platte Woods UMC is offering a special class on Wednesday nights called “Finding Balance.” The class connects faith, food, fitness, family and friends to promote a holistic Christian lifestyle. You can sign up for the Wednesday night class at plattewoodschurch.org/offbalance or join the Sunday morning Right Now class, which is also following this study, at 9:15 in room 256.

- Pastor Britton

Family Activity: The family activity this week can take a variety of forms. I want people to get up and move based on their ability. Whatever you do, end the exercise with prayer together. Prayer will help to center all your workout fun on Christ. Here are some options.

1. Go for a walk as a family.
2. Challenge your little ones to do some push-ups or jumping jacks. Make sure you join in with the kids!
3. Play “Simon Says” and mix in some fun exercises.
4. Download an app that gives your family a workout. There are several “7 Minute Workout” apps. You can also try to find a good video on YouTube.

Monday, 1/14/19

“Marvelously Made”

Psalms 139:13-14 (CEB)

“You are the one who created my innermost parts; you knit me together while I was still in my mother’s womb. I give thanks to you that I was marvelously set apart. Your works are wonderful — I know that very well.”

- Sometimes it's hard to love our bodies. There is a standard of beauty in society that many of us cannot meet. If you know me, you know that I am not exactly a body builder. My arms are scrawny, and my frame is what some would consider weak, but I find peace knowing this. I am a miracle, uniquely created by God. God's works are wonderful, and you are just that. Do you view yourself as the unique creation of God? Why or why not?
- Who is someone you know that may be struggling with their body? How can you encourage them today?

Prayer: God of grace, thank you for my body. Thank you for creating me. Thank you for knowing me. Thank you for grace and acceptance even if I don't have that "perfect" look. Fill my heart with your grace so that I may encourage others. Amen.

Tuesday, 1/15/19

"Enslavement of the Self"

Ephesians 5:29-30 (CEB)

"No one ever hates his own body but feeds it and takes care of it just like Christ does for the church because we are parts of his body."

- As human beings, we are naturally wired to take care of ourselves. We seek out food when we are hungry. The desire of self is indeed strong and can lead us astray. Addiction is something that almost everyone struggles with. People are addicted to work, TV shows, phones, video games, pornography or substances. In what ways has addiction affected your life (try to keep it related to yourself rather than others)?
- Christ wants to take care of us because we are part of his body. We are members of his family. He wants us to find healing from addiction, yet most people don't talk about it. What would it look like if Christ freed you or those close to you from addiction?

Prayer: I pray for relief from my personal addictions and for others who struggle with addiction. At its core, addiction prevents us from nearness to You. Help me to relentlessly follow You, O God. I want to draw as close to your heart as possible.

Wednesday, 1/16/19

"Relationship of Body and Soul"

1 Thessalonians 5:22-23 (CEB)

"Now, may the God of peace himself cause you to be completely dedicated to him; and may your spirit, soul, and body be kept intact and blameless at our Lord Jesus Christ's coming. The one who is calling you is faithful and will do this."

- The human spirit is comprised of soul and body (some would add the mind). These elements work in harmony (or disharmony) to create our entire being. What are ways you have noticed your body and soul interacting?
- When we care for our body, we care for our soul. When we care for our soul, we care for our body. What is one step you can take to care for your soul to nourish your body? What is one way you can care for your body to nourish your soul?

Prayer: Lord, help me to become attuned with my body. Let me feel Your presence in the tips of my fingers to the end of my toes. Remove from me any stress that adversely affects my body. Let me care for my body with You as my guide so I may find nourishment for my soul. Amen.

Thursday, 1/17/19

“The *adam*”

Genesis 2:7

“The Lord God formed the human from the topsoil of the fertile land and blew life’s breath into his nostrils. The human came to life.”

- The word “human” in the above passage comes from the Hebrew word *adam* (pronounced ä-däm’). This is where the name “Adam” comes from. At this point in the scripture, though, the human remains unnamed. I think this was an intentional move by the authors of Genesis. They wanted to convey that all of humanity is made by God and has the breath of life in them. Does this change how you view yourself and others?
- Our bodies are made from the earth. We have a unique connection to the world around us. Think about it. Our bodies are nourished by the food we eat while the food we eat is nourished from the land that created us.

Prayer: Creator God, you are the author of life. You created the light and the darkness, the lands and the oceans. You made the lands and oceans suitable for sustaining life. Help me to feel the connection between myself and the rest of Your creation. Amen.

Friday, 1/18/19

“We Will ALL Be Transformed”

1 Corinthians 15:51-53 (NLT)

But let me reveal to you a wonderful secret. We will not all die, but we will all be transformed! It will happen in a moment, in the blink of an eye, when the last trumpet is blown. For when the trumpet sounds, those who have died will be raised to live forever. And we who are living will also be transformed. For our dying bodies must be transformed into bodies that will never die; our mortal bodies must be transformed into immortal bodies.

- The passage states that our mortal bodies will not die but be transformed. Our bodies, then, are not just evil flesh. They are holy vessels in which God dwells! Does this change how you view your body?
- As we grow older, we seem to have more aches and pains. Many people on earth suffer from chronic pain. While our bodies begin to fail us on earth, that isn’t how the story ends. The promise of God states our bodies will be transformed into immortal bodies, free from the limitations we experience here on earth. Think about someone whose body may be hurting them. Reach out and encourage them to live a life of hope based on God’s promise of transformation.

Prayer: God of resurrection, we lift to you the many people who are suffering from pain in this world. May they know your peace and comfort at this time. Will you give them a little bit of respite from their pain at this moment. Help me to live a hopeful life, one transformed by your everlasting love. Amen.

***This week’s devotional was written by
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